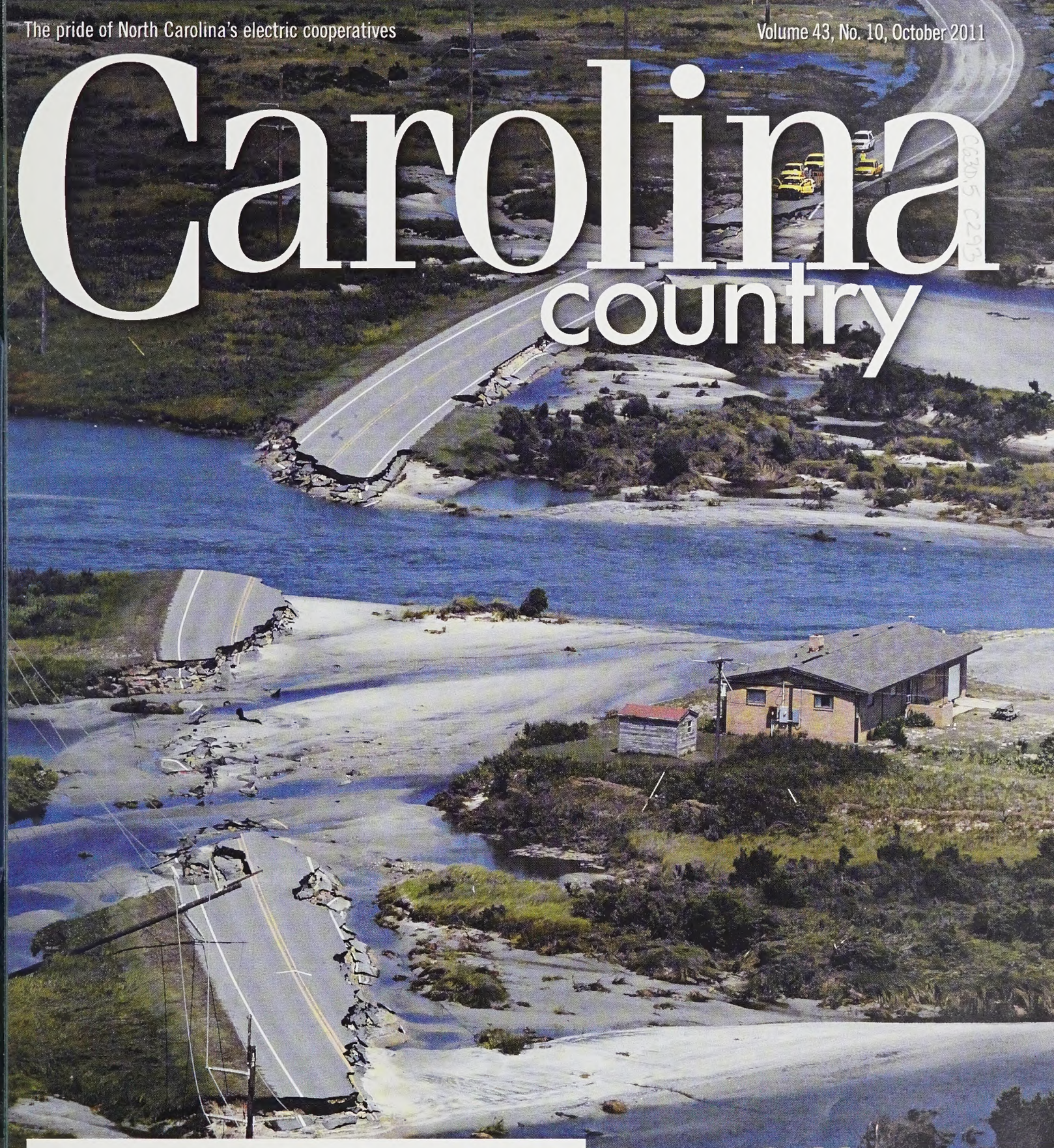
The pride of North Carolina's electric cooperatives

Volume 43, No. 10, October 2011

Carolina country



Cut Off

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Rising from red clay
Co-ops overseas

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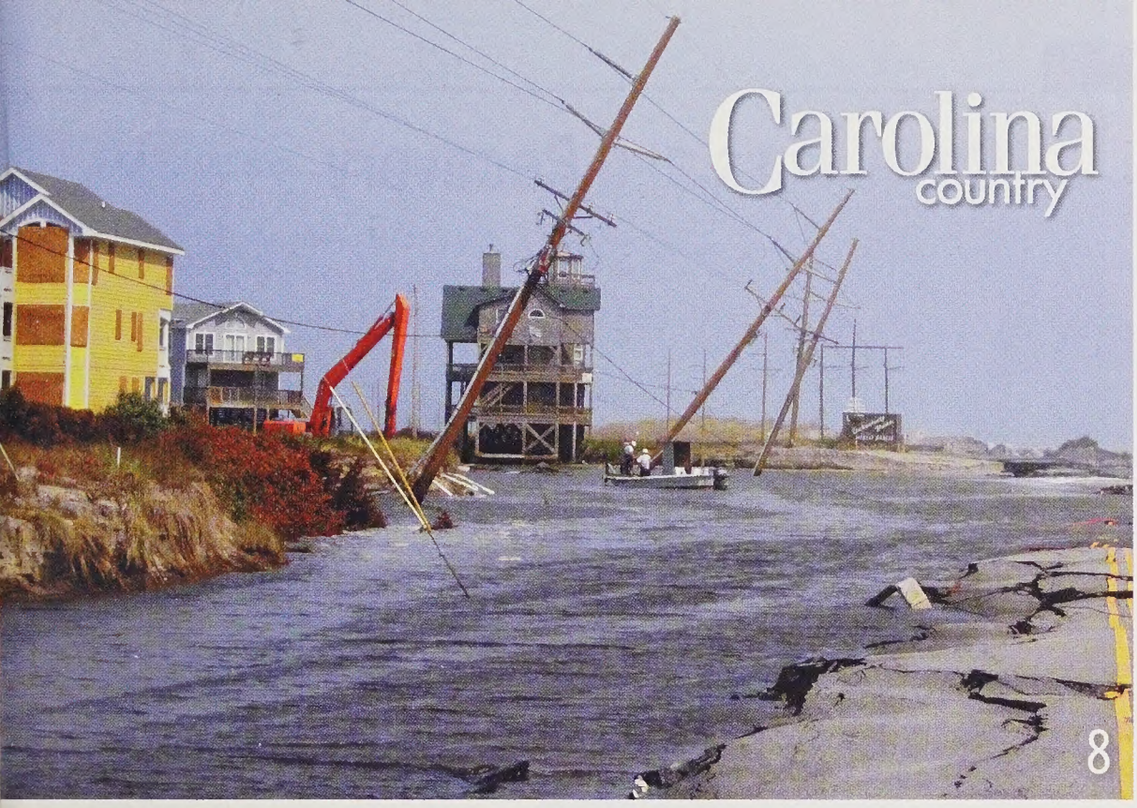

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Hurricane Irene cut new inlets for the ocean several places on Hatteras Island. Here on August 28, N.C. Department of Transportation officials approached from the north to examine the worst in Pea Island National Wildlife Refuge. Hwy. 12 is the only road to seven island villages south of here, and power lines for Cape Hatteras Electric Cooperative run alongside it. (Photography by Steve Helber/AP)

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Rage, Loss and Recovery

By Michael E.C. Gery

Sept. 1, 2011

I'm going to do a little weeping here. I can't think through this and write it without some sobbing along the way.

Everyone I know in eastern North Carolina and met there this past week has suffered loss of some kind. Many of us suffered great loss. Some of us lost something we will never have again. A force beyond our control—a force greater than many of us have ever seen—right before our eyes carried away forever or destroyed completely something we held dear.

When the storm subsided as it always does, we stood there stunned, emotionally paralyzed in some cases, unable to know what to do next. Then we hugged one another and thanked the Lord we are still here to hug one another. Then we asked our neighbors and friends how it all affected them. Then we looked around and realized it could have been much worse. Then we slowly began going through the wreckage, feeling sorry for ourselves at times, crying at times, then helping each other put back together what had so suddenly been torn apart.

We could not venture out very far— those of us who could venture out at all—without seeing parts of our lives mangled and lifeless and piled on the side of the road like trash, like spilled guts reminding us of the loss. We hoped someone would come along and haul it all away and out of our sight. We saw dogs, fish, birds, snakes, rabbits, raccoons and deer who had been helpless against the rage and then flattened by it. We saw how the power of nature—the supreme power on earth—can unleash a fury that removes entirely where we live and work, how it can uproot, twist and send crashing down anything in its way, mercilessly crushing what we had held and loved for a long time.

Losing forever something precious and important, especially if it was sheltering us and keeping us safe, was the worst part. Losing power was next. On the other end of the storm, our power had been drained and cut off. We were left in the dark to fumble about on our own.

Then Help was on the way, including the Salvation Army, Red Cross, church sanctuaries, doctors and nurses, fire and rescue, law enforcement, the National Guard, insurance agents, FEMA, the Governor, trucks carrying water, ice, food, fuel, generators, tools, equipment, tarps, building supplies, tree and yard services, and the electric cooperative power restoration teams.

My friends and co-workers in the eastern North Carolina electric cooperatives from Brunswick County on up to Warren County and all points east went straight to work doing what they do best: caring for people and carefully restoring their power. Some of us worked day and night, sleeping when we had to if we could, applying the best of skills to negotiate, navigate, communicate, rebuild and restore. We let loose our own frayed nerves at times and calmed those of others. And finally we could take a deep breath, smile again and thank the Lord we can help each other.

Friendly and responsive

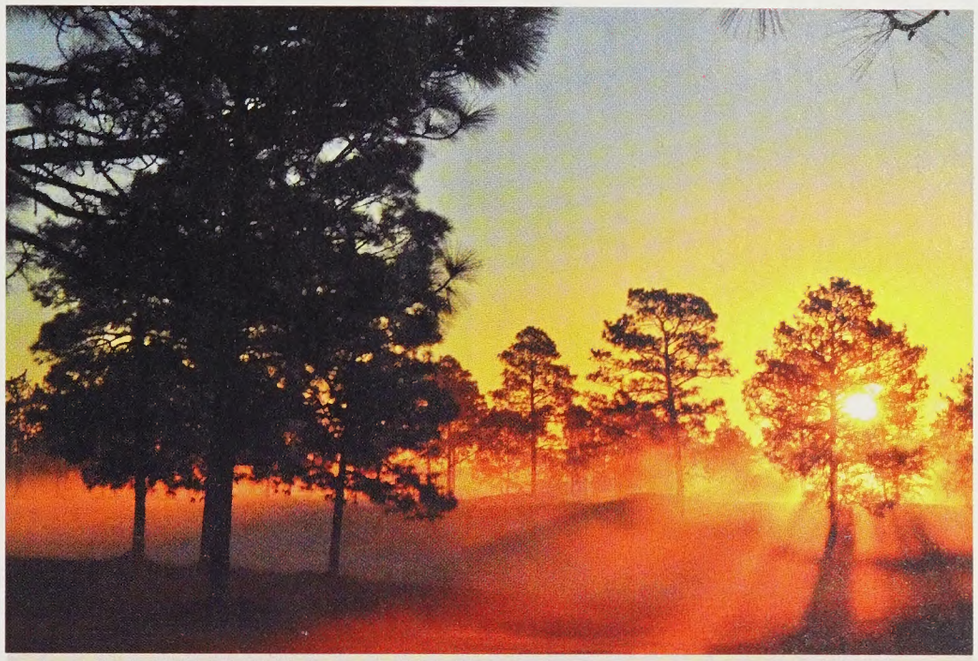
Hurricane Irene was due to impact eastern North Carolina Friday, August 26. This was not our first hurricane since our move here in January 1995, so we recognized we were in for a bumpy weekend. During a quick trip to the grocery store I stocked up on water, batteries and comfort foods. Anticipating the storm making landfall Saturday morning, I prepared country ham biscuits and boiled eggs the night before. I baked a chicken casserole and put on a crockpot of chili. We expected to lose electricity.

We woke to increasing winds but still had power and cable. We enjoyed a hot cup of coffee and local television reports about Irene's approach. It wasn't until 11:15 a.m. that the lights sputtered for a few seconds then everything died. I reported our outage to the Carteret-Craven Electric Cooperative office. The friendly representative told me we were probably one of the last in our area to have power. She wished us well through the storm as I did her.

Night fell and winds persisted. Reports were coming in via radio. We heated leftovers on the propane grill and ate by lantern light. At about 10 p.m. we began to experience relief that Irene was slowly moving on. Tired from the day's stress, we made ready for bedtime. Temperatures were pleasant so we opened a few windows and fell asleep. At 11:30 p.m., the power came back on. Seconds later the phone rang and a friendly Carteret-Craven agent asked me if our electricity was on. I gratefully confirmed to her it was. Then the phone rang again and another agent was on the phone checking to see if power was restored. Again I expressed my gratitude to the cooperative for great work.

Throughout the 16 years we have lived in Carteret County, CCEC has always been there for customers with friendly, responsive service. We want to give a hearty round of thanks to Carteret-Craven Electric Cooperative.

Donald and Alexandra Shreve, Cape Carteret



Hope Mills sunrise

This is a sunrise over the Hope Mills Municipal Golf Course taken last fall.

Mary Dassau, Hope Mills

The negative terminal

I just read the story that the electric car has finally arrived [September 2011]. You list the positives of owning an electric car but conveniently leave out the negatives. Are you aware that a car dealership will not take as trade an electric car over five years old? Or, if you keep your vehicle, do you realize the cost of replacing these batteries? Or the cost of recharging your vehicle on a daily basis?

Dennis Raikakos, Lumber Bridge, Lumbee River EMC

Editor's reply: *There are no electric cars over five years old. There are hybrid vehicles that are over five years old, and they are traded like any car. The batteries in the Chevy Volt and Nissan Leaf, as examples, are made to have a life of 10 years, although they will degrade over time. We do not know what the replacement battery prices will be in 5–10 years. The old batteries can have other uses when they are removed from the vehicle, so they will have some value. Estimates to replace the batteries are in the $5,000–$7,000 range, but they are just guesses. Nissan does not have an estimate on what it would cost to replace the battery pack in five years. It will take about 25 kilowatt-hours to fully charge the Nissan Leaf, which at 12 cents per kwh would cost $3 for a charge to take the car 60–100 miles. A vehicle that gets 20 miles per gallon would take 3–5 gallons of gas for the same range, at a cost of $12–$20 for gas at $4 per gallon.*

Watson Brown, photographer

The photographs that accompanied our story on Tarboro's Concord Masonic Lodge No. 58 were supplied by Watson Brown of Tarboro.

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Try This!

Fuel cell technology is evolving but still costly

By Brian Sloboda, Cooperative Research Network

The Bloom Box is a high-profile fuel cell type that received much media attention in 2010. Analysis showed it can lower electrical costs per kWh, but only with hefty federal and state renewable energy subsidies tossed in.

Most homes, vehicles, and businesses are powered using electricity or a fossil fuel such as natural gas, gasoline, diesel, propane, or fuel oil. Now, a new option is beginning to emerge: fuel cells.

Electric cooperatives have a long history of exploring the potential of fuel cell technology. Through the Arlington, Va.-based Cooperative Research Network (CRN), co-ops have been investigating different types of fuel cells for more than a decade. While the technology is evolving, the cost is still hefty. Studies recently conducted by CRN at seven co-ops sites and military bases around the country found that while fuel cells (using PEM technology) designed for residential use do work, they carry a huge price tag—producing electricity for a whopping 85 cents per kilowatt-hour (kWh). Comparatively, the average price of electricity in the U.S. is 11.5 cents per kWh.

A fuel cell works like a battery that is constantly charged by putting a fuel into its negative terminal. It creates a chemical reaction, most often involving hydrogen forming with oxygen, but another common fuel is natural gas. One of the main byproducts of the chemical reaction is water, making the process generally pollution free. Normally, fuel cells generate only a small amount of electricity and must be combined into larger stacks to produce enough power for homes, cars, and workplaces.

Currently, five main types of fuel cells exist: polymer electrolyte membrane (PEM), alkaline, phosphoric acid, molten carbonate, and solid oxide. Each uses a different electrolyte and comes with advantages and disadvantages.

One solid oxide-based fuel cell, called the Bloom Box, received a significant amount of media attention early in 2010. The device burst onto the scene with endorsements by luminaries like as Gen. Colin Powell, then-California Gov. Arnold Schwarzenegger, and New York City Mayor Michael Bloomberg. The product was even featured on "60 Minutes" and has been installed at major Internet-based firms such as Google and eBay.

Analysis of the Bloom Box shows that those costs can be lowered—the unit can generate electricity for 8 cents to 10 cents per kWh, but only with hefty federal and state renewable energy subsidies tossed in. And the Bloom Box can't maintain consistent output day-in, day-out for years like a typical baseload power plant. In fact, a 100-kilowatt solid oxide fuel cell like the Bloom Box, running on natural gas at a 48 percent efficiency rate, carries a unit price of about $7,000 to $8,000 per kilowatt—about the same as a nuclear power plant.

To be successful over the long term, fuel cell efficiency will need to increase from the 40 percent to 60 percent typically found. And given pressures on federal and state budgets, fuel cells will need to operate economically without relying on government incentives to stay competitive with more traditional generation sources.

Electric cooperatives continue to explore new and innovative options to reduce costs and provide reliable energy choices. If fuel cells come of age, co-ops will be at the forefront of educating members on the technology's advantages and disadvantages.

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the Arlington, Va.-based National Rural Electric Cooperative Association.

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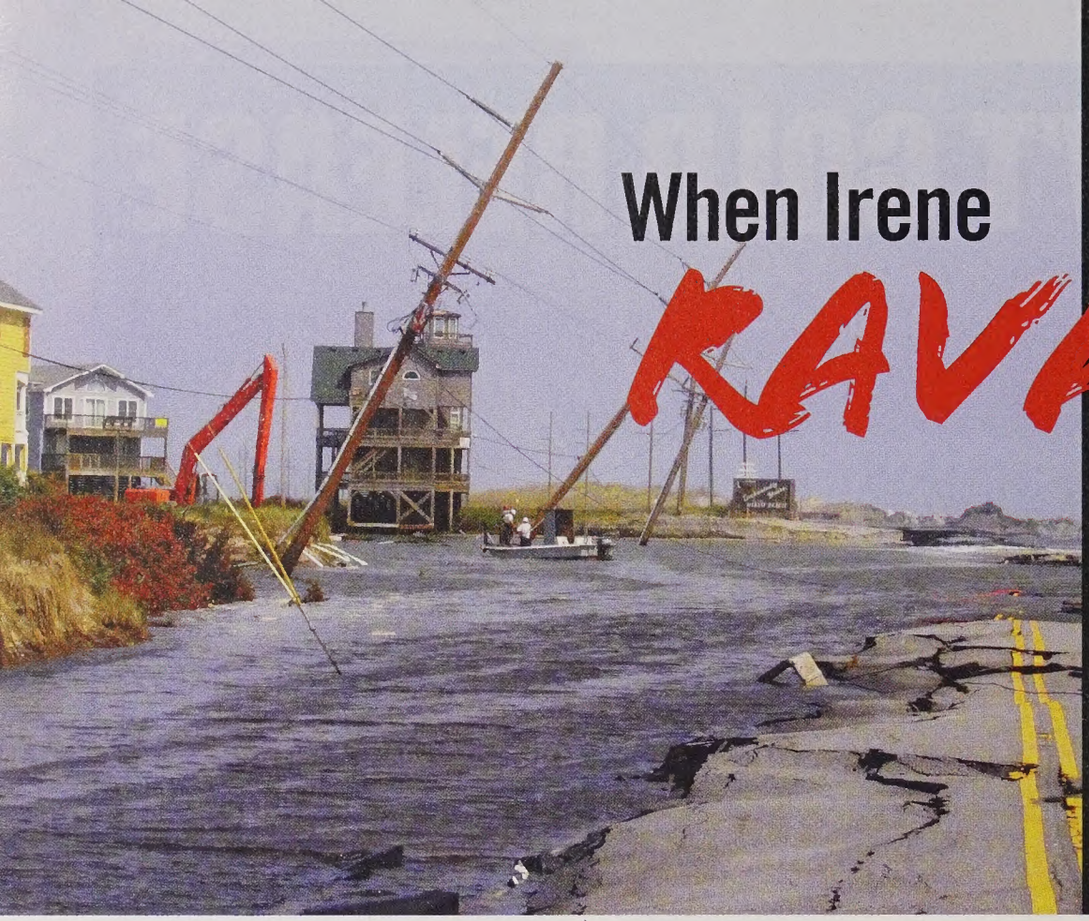

When Irene RAVAGED eastern North Carolina

The largest hurricane in eight years cut off electric power to 239,900 services at 15 electric cooperatives as members waited patiently for restoration

By Michael E.C. Gery

As Hurricane Irene churned its way toward land Friday, August 26, eastern North Carolina expected the worst and got it the next day. Prepared as families and businesses were for this storm, given the dire warnings and extensive news coverage during its approach, no one was prepared for the destruction and heartbreak it caused.

When Irene made landfall around 7:30 a.m., Saturday, August 27, at Cape Lookout it was downgraded to a Category 1 storm but still carried 85 miles-per-hour sustained winds and later spawned tornadoes that exceeded 130 mph. Its very wide path—hurricane force winds extending 90 miles outward, tropical storm force winds to 290 miles—tracked at about 15 mph northward, centered over Pamlico and Beaufort counties in mid-afternoon, then northeastward over Albemarle Sound and into Hampton Roads, Va. The storm sent the waters of Pamlico and Albemarle sounds, and the Pamlico and Neuse rivers, westerly at first, then returned a fierce surge easterly as the month's new moon caused a bloated high tide.

Eastern North Carolina's electric cooperatives stood by their storm centers monitoring conditions and issuing statements to members via news releases and online postings. As weather allowed their crews to inspect their systems safely, 15 cooperatives began reporting damage. More than 239,900 member meters were knocked out of service, leaving families and businesses without electric power. Virtually all power was cut off to Hatteras Island, Ocracoke Island and Craven, Pamlico, Beaufort and Hyde counties. System damage and outages extended from Pender County north to Warren County and all points east. Early estimates of damage to the electric distribution systems came to about $12 million and continued to rise.

While people struggled to reorder their lives, having lost water and refrigerated food, as they wrung out flood-soaked clothing and carried into open air furniture, rugs and beds, as they tried removing trees and limbs that had crushed their buildings and gouged their grounds, as some even lost their homes entirely, they turned by the tens of thousands to their electric cooperatives for news of when their power would be restored.

The response

North Carolina's electric cooperatives' central supply and emergency dispatch center in Raleigh—Tarheel Electric Membership Association—coordinated more than 530 men from cooperatives in the central and western part of the state, as well as crews from cooperatives in Georgia and Tennessee, and contract service and tree crews. Co-ops also hired contract help on their own, swelling by six and eight times their own repair crew numbers. One co-op member heading west ahead of the storm shot a video from his vehicle showing truck after truck after truck heading east to begin power restoration. Seeing these crews come up the road in powerless neighborhoods, or just hearing that they were nearby, allowed storm-socked victims a relief that cannot be measured. Two days after the storm hit, co-ops had restored electricity to about half their members. By the morning of September 1, six days after the storm landed, electric power had been restored to 95 percent. Most of the rest were still out of reach or would never see power restored again. Six days amazed many consumer-members, but not as much as it amazed Fred Hackney, a crew leader for Tideland EMC, who said this storm

Above: *Inspecting Cape Hatteras Electric Cooperative pole damage by boat in Rodanthe, looking north. (Lonnie Moore photo)*

damage was the worst he has seen in his 38 years at the co-op.

Tideland's service area—particularly in mainland Hyde County, southern Beaufort County and eastern Pamlico County—was slammed more than most. In places, the storm surge lifted away entire houses, while others stood flooded in up to six feet of water.

Access to Hatteras Island on the Outer Banks was next to impossible for more than a week. Large sections of the only highway to Hatteras, Hwy. 12, were washed away as the surging Pamlico Sound slashed new inlets for the ocean. All 7,581 electric meters were out. When the island's 15-megawatt back-up diesel generator exhausted itself, Cape Hatteras Electric arranged to rent two 2-megawatt generators. With help from North Carolina Electric Membership Corp., the generation and transmission supplier owned by the state's cooperatives, the big generators were shipped to the island on the temporary ferry service that state government had running from Stumpy Point on the Dare County mainland. By September 1, all Hatteras villages and residents had continuous electric service from diesel generators, though consumers were asked to use it sparingly.

Nearly all electric service was out in systems maintained by Carteret-Craven Electric Cooperative, Edgecombe-Martin County EMC and Roanoke Electric Cooperative.

Most of the co-ops affected were hampered in their early restoration efforts by damage caused to major transmission lines that carry high-voltage power to substations that serve large numbers of members. In most cases, these transmission lines are owned by other utilities, including Dominion North Carolina Power and Progress Energy. Midday on Sunday, some 10,000 Edgecombe-Martin County EMC members had no electricity, and the co-op estimated 70 percent were affected by a Dominion transmission line outage. One of Tideland EMC's steel transmission poles near the Walter B. Jones Bridge in Hyde County, built to withstand 130 mph winds, came down. Adding

Left: *Carteret-Craven Electric Cooperative billing support specialist Barbie Dixon packs sandwiches for "runners" to take into the field to feed lunch to 130-plus workers. (Lisa Taylor-Galizia photo)*

Above: *At work near Pinetops, Edgecombe County.*

Left: *Utter destruction at Hickory Point, Beaufort County. Two giant generators go by ferry from Stumpy Point to Hatteras Island. (Michael E.C. Gery photos)*

Below: *At work the evening of August 28 south of Farmville, Greene County. (photo by Pitt-Greene EMC member Woody Spencer)*

Irene's hurricane force winds extended 90 miles outward, and its tropical storm force winds extended 290 miles. (NOAA photo)

to their difficulties getting crews safely out, some co-op storm centers had no landline telephone service.

The communication

Communicating to consumers was of utmost importance to co-op storm center staff. Soon after people lose their electricity, they want to know when they will get it back. Co-op communication professionals, like management and line crews, worked day and night, even when their own homes and families had suffered. They posted on websites, Facebook and online maps continual updates on where crews were working and where power had been restored. They talked with news reporters, radio hosts who collaborated in non-stop regional broadcasts, local government officials and with individual members who called or sent e-mail asking for help and information.

Roanoke Electric, Carteret Craven Electric, Cape Hatteras Electric, South River EMC and Albemarle EMC gave up-to-the-hour information to their Facebook followers, as well as directly to those who posted questions and comments. Communication staff did their best to explain progress and thank members for being patient. Members heaped praise on the line crews.

At midday Sunday, August 28, Roanoke Electric member Linda Taylor posted on the co-op's Facebook: "Still in the dark. Still waiting for a straight answer. I'm not going away." And the co-op replied right away: "Ms. Taylor, our crews are continuing to work the major circuits in your area and working back toward services on secondary lines on those circuits. Based on progress our crews are making today, the projected restoration in your area and others on this circuit will be tomorrow."

Carteret-Craven's active Facebook, run by communication director Lisa Taylor-Galizia, drew much praise, including this from Jeremy Buseman: "This was fantastic work with beyond great turnaround time! . . . I've been through some bigger past hurricanes with another electric company and they never moved this quick or kept us this well informed." And one of the co-op's board members, Thom Styron of Beaufort, said, "I wish to commend all of the employees. During the hurricane, I thought of what the crews would face and I recalled the years of service by our friends David Chadwick and other directors who have passed and how their leadership in being prepared helps keep our system in good condition today."

Chris Powell, public relations manager at Albemarle EMC, said, "Facebook immediately emerged as the frontrunner for crisis communication. In the world we live in now, members not only expect real-time information, they expect it to come to them and they expect to be able to respond back to it...We found it a useful tool to address member concerns, and nip them in the bud. One member asked why our yard had many line trucks in it that weren't out working. We replied that crews were coming in all morning from all parts of the Southeast, and it took a little time to get the crews processed and loaded and into the field."

Judging from comments co-op staff and management received during the storm's aftermath, most members by far appreciated their work. Noel Council, a Tideland EMC member in his 70s, said it was the worst storm he's seen since 1954. Safe in Garner, he sent his neighbors in the South Creek community of southern Beaufort County a panoramic photo he made of the serene waterfront they all enjoyed because "It will never look that way again." Mr. Council also sent an e-mail message to Tideland's communications manager Heidi Jernigan Smith: "Irene completely destroyed our place on Betts Lane. We will not be rebuilding. Thank you for the great service you gave us over the past 15 years. You have a great task before you in restoring power to so many. I pray for the safety of your workers as they go about their tasks."

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Rising from the Red Clay

The award-winning art of Senora Lynch pays tribute to her Haliwa-Saponi community

Story and photos by Donna Campbell Smith

The clay art of Senora Lynch is displayed in galleries across the country, including the Smithsonian Institute in Washington, D.C. A member of the Haliwa-Saponi tribe, she lives in Warren County with her husband, Dalton, and daughter, Elizabeth. She is a regular artisan at the Village of Yesteryear at the North Carolina State Fair, where her work is on display this month. Her work was displayed at the 1996 Olympic Games, and in 2004 she was commissioned by the University of North Carolina at Chapel Hill to create a public art piece based on Haliwa-Saponi traditional culture.

Haliwa-Saponi means "People of the Red Clay," so it is only fitting that Senora's art medium is clay. She learned the art of pottery from her elders, first doing elementary tasks like digging clay from the creek banks. She began creating her own work when she was about 14.

The North Carolina Arts Council heard about Senora's work by word-of-mouth. They helped her apply for grants to develop and promote her art. Senora says she is very grateful for the arts council support, but she acknowledges her husband as her biggest supporter and promoter. "He really loves the art, and he loves talking to people." She says her best critic is her daughter,

Senora Lynch making cornshuck dolls at one of her workshops.

Senora Lynch art display locations

Raleigh Convention Center, Raleigh.

N.C. Museum of History, Raleigh.

Smithsonian's National Museum of the American Indian, Washington, D.C.

Native American Resource Center at UNC Pembroke.

Frank Porter Graham Student Union, Walkway titled "The Gift," UNC Chapel Hill.

Southern Spirit Gallery, Salisbury.

Her technique is to etch intricate designs through a layer of white clay so the red clay beneath shows through.

Upcoming Senora Lynch appearances

Oct. 13–23: N.C. State Fair in the Village of Yesteryear, Gov. James E. Holshouser Building, Raleigh.

Nov. 2: Native American Heritage Program, N.C. State University, Raleigh.

Nov. 4 (3–7 p.m.): 6th Annual Indian Heritage Festival, presented by Grandpa's Children, Goldsboro.

Nov. 5 (11a.m.–2 p.m.): Indian Cultural Presentation, Wayne County Museum, Goldsboro.

Nov. 19: Native American Celebration, N.C. Museum of History, Raleigh.

Nov. 22: "Meet the Artists," Wayne County Museum, Goldsboro.

April 2011: Haliwa-Saponi Powwow, Tribal School Grounds, Hollister.

who is also a potter and doesn't mind telling her mom if a pot looks lopsided.

Senora Lynch uses the traditional coil method to build her pots. Her work is recognizable by her technique of using red clay to form her piece, and then whitewashing it with layers of liquefied white clay. She etches intricate designs through the white layer so the red clay beneath shows through.

Grandmothers, mothers and children come to learn from Senora Lynch. Everything Senora creates has a story and meaning behind it. As she teaches her crafts, she tells stories that have been handed down for generations in her family, stories that not only entertain but also teach important life lessons.

When asked what she hopes her art will mean to her community, Senora says, "My Mom said to me, 'Do something to help your people.' I hope the stories are carried on through my art. I think about our kids and how things are moving so fast in this world. I hope I can reach just one or two to keep our traditions going."

Senora says it is important for people to know their history. She hopes to dislodge some of the stereotypes children have come to believe about Indians and to make people aware that "we are still here." Senora says she loves teaching and hopes to one day have a studio big enough to hold classes on a full-time basis.

Economic development is a big concern for Senora and the Haliwa-Saponi people in Warren County. Some people still farm, mostly tobacco and corn, but many have to go outside the community to find jobs. One project being explored is the building of an amusement park and a museum. The community hopes projects such as these will both provide jobs and a way to share Indian traditions with the public.

> She hopes to overcome some of the stereotypes children have come to believe about Indians and to make people aware that "we are still here."

When thinking about how something like an amusement park will affect her community, Senora says, "I want development, but I am a little afraid of it. I'd like to see us grow, but stay together." She hopes that by bringing jobs into the community with something like the park the people will remain together and be able to keep their history and traditions alive.

To learn more about Senora Lynch's art, visit www.southernartistry.org.

Donna Campbell Smith is a Carolina Country contributing writer and Wake EMC member who lives in Franklinton.

Halifax EMC and the Haliwa-Saponi

Halifax EMC, the member-owned Touchstone Energy cooperative serving Warren County among others, has long supported the cultural and community development of the local tribal community surrounding Hollister. In addition to various sponsorships, Halifax EMC has installed lighting for the ceremonial arena where tribes from all over the country gather in April for one of the region's largest annual powwow events. Brady Martin, the co-op's manager of marketing and economic development, serves along with tribal administrator Dr. Joseph Richardson on the statewide board for the N.C. Indian Economic Development Initiative (NCIEDI), representing the North Carolina Native American people of Halifax, Warren, Granville and Person counties. Two Halifax EMC employees are members of the Haliwa-Saponi tribal organization. The co-op supplies electricity to the tribal charter school, the multipurpose ceremonial facility, and many of the homes, churches and businesses owned by tribal members.

About the Haliwa-Saponi

100,000 American Indians live in North Carolina, making it the state with the largest Indian population in the U.S. east of the Mississippi.

The Haliwa-Saponi is the third largest tribe in North Carolina, outnumbered by the Lumbee who are first and the Cherokee second.

3,800 Haliwa-Saponi people live in and near Hollister, Warren County. They were recognized by state of North Carolina in 1965.

Learn more about the Haliwa-Saponi Indian Tribe at www.haliwa-saponi.com.

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Global Connections

Electric cooperatives make an impact at home and abroad

By Megan McKoy-Noe, CCC

How do you build a better world? By changing one life at a time.

Driven by this premise, electric cooperatives brought power and light to millions of consumers across the U.S., forever altering the economic fortunes of rural America. Now, with designation of 2012 as the International Year of Cooperatives, 900-plus electric cooperatives around the country are celebrating the impact they have made nationally and overseas.

Farming revolution

As late as 1935, nearly 90 percent of rural residents were living in the dark—relying on iceboxes or spring houses to cool food, kerosene lamps for lighting, woodstoves for cooking, and hand pumps for getting water from wells. The reason: the big utilities had decided that there was no profit to be made extending power lines into the countryside to hook up farms and small towns.

That's where the co-op business model came into play.

Farmers and other leaders realized central station electricity service would end the drudgery rural life. After clamoring for relief for decades, they received a big shot in the arm in May 1935 when President Franklin D. Roosevelt signed an executive order creating the federal Rural Electrification Administration (REA)—now Rural Utilities Service. The agency's mission: provide low-cost loans as well as engineering and administrative support to help electrify rural regions.

"Electricity is a modern necessity of life and ought to be in every village, every home, and every farm in every part of the United States," Roosevelt announced.

REA financing initially was meant to entice big power companies to begin rural line construction. When they balked, it soon became clear rural electrification would only be accomplished by farmers and their rural neighbors doing it themselves by joining forces to form electric cooperatives.

Work progressed quickly. By October 1940, electric co-ops nationwide were serving 1 million members. Innovations in line building pioneered by REA engineers and the competitive pressure co-ops placed on investor-owned utilities to serve rural areas slashed the cost of providing rural electric service by 50 percent or more.

Last year, North Carolina co-ops were among those who donated money, equipment and personnel to help communities recover from the January earthquake in Haiti, where NRECA International Programs has been active since 2005.

Three-quarters of a century later, electric co-ops are still building a better future by delivering affordable electric service to 42 million members spread across 75 percent of the nation. But electric co-ops didn't stop there.

Lighting the world

Not only does 2012 mark a global celebration of the cooperative business model, it also marks the 50th anniversary of NRECA International Programs, a division of the National Rural Electric Cooperative Association (NRECA). The International Year of Cooperatives 2012 theme, "Cooperative Enterprises Build a Better World," shines in the work NRECA International Programs does every day.

Working together, more than 300 U.S. electric cooperatives, including many in North Carolina, have delivered the benefits of safe and reliable electric service to more than 100 million people in 40-plus countries since November 1962. Last year, North Carolina co-ops were among those who donated money, equipment and personnel to help communities recover from the January earthquake in Haiti, where NRECA International Programs has been active since 2005.

"Building a better world takes experience, and no group has more experience in bringing low-cost power to remote communities than electric co-ops," explains Glenn English, CEO of NRECA.

At the invitation of President John F. Kennedy, NRECA joined forces with the U.S. Agency for International Development (USAID) to share electric co-op expertise and export the democratic, self-help cooperative model to undeveloped countries. In many cases, teams of volunteer American electric co-op linemen head to foreign lands for a few weeks to teach local lineworkers safe work practices. Then NRECA staff instructs locals how to maintain simple power grids and run their own utilities.

"We're not only providing a service, we share knowledge and best construction practice skills on a lineman-to-lineman basis," explains Ixcan, Guatemala volunteer Chris Stephens, manager of engineering for Palmetto, Ga.-based

Coweta-Fayette Electric Membership Corporation. "Those we help may speak a different language, but they speak the same work."

Funding for this goodwill effort comes in part from the NRECA International Foundation, a registered charitable organization. NRECA International Programs projects are currently under way in Afghanistan, Bangladesh, Bolivia, Costa Rica, Dominican Republic, El Salvador, Guatemala, Haiti, the Philippines, South Sudan, Tanzania, Uganda, and Yemen.

Much more to be done

More than 2 billion people around the globe still live without power—64 million in Latin America, 500 million in Africa, and more than 1 billion in Asia.

According to NRECA International Programs, reliable electricity strengthens communities by providing better educational opportunities and increasing safety. Access to power also paves the way for progress, giving small business a much-needed boost.

"It was a humbling experience, to see the way people lived compared to what we have," recalls Craig Carlan, a lineman for Clarkesville, Ga.-based Habersham Electric Membership Corporation, who also worked in Guatemala. "In the village we electrified, kids will have the opportunity to get a better education. They have dreams, too, just like we have dreams. Maybe they can set higher goals now."

To assist NRECA International Programs efforts, visit www.NRECAFoundation.coop.

Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

At work in Bolivia

Robin Blanton, manager of engineering at Piedmont EMC in Hillsborough, last year joined Todd Nalley, supervisory engineer at a South Carolina electric cooperative, to help train Bolivians in electricity substation operations.

NRECA's International Foundation had planned for Todd and Robin to visit nine urban and three rural substations belonging to CRE, the largest power distribution system in Bolivia and the oldest overseas co-op affiliated with NRECA.

CRE was in the process of upgrading and renewing some 15 substations, and the two volunteers would visit the sites and offer recommendations to CRE regarding standardization of design features and maintenance procedures.

CRE staff said later that they gained a greater understanding of the need for by-pass schemes for all main breakers, plus additional details on arrangements for protecting outgoing secondary lines.

Robin and Todd said their approach was to keep things as simple and as standardized as possible. "Don't try to reinvent the wheel every time something new comes along," Todd said. "But don't be afraid to change things when it is truly necessary."

They added that the experience was as much a learning experience for them as it was for the Bolivian staff.

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Ingathering

Presbyterian churches in Hoke County and Robeson County carry on a longtime autumn tradition

By Nathan Walls

A tradition that began in the early 1930s Great Depression lives on in Presbyterian churches in southeast North Carolina, particularly in Hoke and Robeson counties. Ingathering, held in October and November during harvesttime, brings together church members and friends in support of church operations and missions.

By tradition, Ingathering happens on a Thursday. Both Antioch Presbyterian Church in Red Springs and Shiloh Presbyterian Church in Raeford hold Ingathering the third Thursday in October. Bethel Presbyterian Church in Raeford holds Ingathering the first Thursday in November. Centre Presbyterian Church in nearby Maxton and churches in Saint Pauls and Laurel Hill also hold Ingathering.

There are three main draws for this tradition: raising money, seeing people, and the food.

Tish Evans of Antioch says it's the fellowship that matters most. "You see people who don't regularly attend church," she says, "and it brings people from all around. Some of the old members come back like a homecoming."

Former members who've moved away donate to Ingathering and past ministers return.

Ruth Wilkerson, who turned 89 in August, says she's been part of Ingathering at Shiloh since she was a child. The current generation is the fourth to carry on Shiloh's tradition, she says.

Bethel Presbyterian is a sister church to Shiloh. They share a pastor. Robert Wright, who is 70, has been part of Bethel's Ingathering since he was a boy. It runs in his family. His mother attended Antioch until she married his dad, and then she joined Bethel. And his grandfather was the legendary Flat McPhaul, a respected farmer and county commissioner. Flat McPhaul also was a famous Ingathering cook. And the cooking and eating supply the energy.

"When I was a boy at Bethel the men would cook the hogs all night," Mr. Wright remembers. "As time went on, we would go around to the farmers to collect hogs, and we would take them to Aberdeen to have them processed. That got too hard, so they started buying the hogs, so we only had to go to one place to collect the hogs. Then we got a little smarter, because we didn't have enough help. We get shoulders cooked. The men at Bethel reheat it and we do our own seasoning. We haven't had a complaint yet."

Nowadays the staples include barbecue and chicken salad plates. Mr. Wright says Bethel's barbecue is the best, an eastern style with a smooth, yet spicy taste accentuated with a vinegar-honey-and-grape jelly-based sauce.

Antioch is proud of its cakes, pies, candied sweet potatoes, homemade pimento cheese sandwiches, slaw and hush puppies. And then there's the liver hash. "That tradition has carried on since day one," says Tish's husband, Bill Evans. The liver hash, like liver pudding or livermush, contains a tasty mix of pork meat, pork liver, cornmeal and spices. Antioch sells theirs in one- or two-pound containers. If you attend Antioch's Ingathering, you also can get apples, cabbage, potatoes and canned goods.

Shiloh is known for Ruth Wilkerson's desserts, jelly and pear preserves. In the old days, church members would bring cotton, pigs and other items to sell. "They cooked the hogs out on the furnace," she remembers, "and served the food in the community building."

While the traditions, the goods for sale, and the food are unique at each church, one thing is common: hard work by members and volunteers. And your deeds do get noticed.

"Once you have a job at our church, you keep it for life," says Ruby Tuttle, from Bethel Presbyterian.

Bethel sells as much barbecue as they sell plates each year, about 500 to 600 pounds. Overall, Bethel brings in about $16,000 to $20,000 after feeding 1,400 to 1,500 people. Not bad for a church with a membership of 60. The money goes to Bethel's building fund.

Antioch's Ingathering funds—about $8,000 to $9,000—go into the building and grounds fund. A portion of bazaar money goes to missions. Shiloh also has a good turnout, and Ingathering funds go to church operations.

But, as Mr. Wright says, "It's not all about the money." It's about a traditional strong bond that has lasted generations.

And most importantly, says Tish Evans, "You see the Lord's work."

Nathan Walls is a freelance writer from Hope Mills.

From left: Billy McNeill, Tommy McPhaul, David McBryde and Bill Glisson make hush puppies at Antioch's Ingathering.

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All about radiant barriers

Learn the facts about radiant barriers and reflective insulation products to determine if they are a wise investment for achieving energy and cost savings in your home.

What are radiant barriers?

Radiant barriers and reflective insulation products are installed in buildings to reduce radiant heat transfer, which is one of the ways buildings gain heat in the summer and lose heat in the winter. The idea is that by reducing radiant heat gain into the attic, for instance, you will use less energy to cool the house in the summer.

There are three primary types of radiant barrier products on the market:

- Foils and films usually reinforced for strength
- Coatings such as radiant barrier paints or sprays
- Reflective insulation such as foil-faced bubble wrap products

Sometimes, products combine more than one type, such as foil-faced bubble wrap installed in an open attic. This is both an insulation and a radiant barrier.

Do they actually reduce radiant heat transfer?

In a word, yes. Most of the foil and reflective insulation products reduce radiant heat transfer by about 96 percent. The performance of the paints and sprays is much more variable. Some reduce radiant heat transfer by about 75 percent, some by much less. Some radiant barrier foil and reflective insulation products have qualified for the Energy Star label, indicating they may save energy when properly installed. None of the paints and coatings has qualified for the Energy Star label. None of the radiant barrier products qualifies for federal energy tax credits.

Do they actually save me energy?

Studies by Oak Ridge National Lab and Florida Solar Energy Center documented, on average, a 2–10 percent reduction in the air conditioning bills of homes with radiant barriers (foil) installed in the attic, but almost no savings on heating costs during the winter.

Are they worth it?

The answer to this question is more complicated and depends on cost. If you spend $200 and save $45 every year, that may be a worthwhile investment. But if you spend $1,000, it's not nearly as clear. Are there better ways to invest your money that would reduce your energy bills?

What other factors should you consider?

The more insulation you have in your attic—if it's properly installed without air leaks between the house and the attic—the less you will save with a radiant barrier. In many homes, it would cost less to seal all of the gaps and holes between the house and attic and add additional insulation.

Studies have shown that dirt and dust accumulation on radiant barriers degrades their performance fairly quickly and results in less savings over time.

If the roof is shaded, the savings will be less.

Some roofing materials—metals, tiles, light colored shingles—give off less heat to the attic. If you have these types of roofing, the savings from radiant barriers will be less.

If there is ductwork and/or handling equipment in the attic, the savings will be higher.

If you store valuables in the attic that will be harmed by high temperatures, installing a radiant barrier may help preserve them. This won't save you money, but it might save your stuff.

Saving energy has positive impacts on the environment, and many people will put this into the equation as well.

What about moisture issues?

Aluminum foil is one of the best vapor barrier products used in buildings. Neither liquid water nor water vapor goes through it. This can be a great product when there is a roof leak above a radiant barrier, and the foil directs the water to the exterior of the building, reducing the damage from the leak. On the other hand, foil installed over the insulation on an attic floor could trap moisture, which then condenses and drips into the insulation. Some products are perforated with a lot of small holes to help reduce this potential problem.

A word to the wise

If they make a claim that you will save 10 percent, ask them 10 percent of what? Is it 10 percent of your total utility bill, the heating and cooling portion, or just the cooling portion?

A source of confusion

Some energy saving product might claim that it "eliminates 86 percent of the radiant heat gain in your attic" or "reduces ceiling heat gains by up to 42 percent." These may be true statements, but that doesn't translate into energy savings so high. The radiant barrier will only affect the portion of the bill caused by radiant heat entering from the attic. It has no impact on the heat gained by your house from air leaks, windows and doors, walls or floors.

Prepared by Advanced Energy, a Raleigh-based research and analysis resource that that focuses on energy efficiency, electric motors and drives, plug-in transportation and applied building science for members including North Carolina's electric cooperatives.

Replace your refrigerator using the four Cs

Unless your refrigerator stops running, you might not know if it's time to replace it. It's the "If it ain't broke, don't fix it" philosophy. Some common mechanical issues that can indicate a refrigerator needs replacing include a constantly running motor or hot back coils. However, it's important to know that not all refrigerators that need replacing have a mechanical problem. The U.S. Energy Star program says that units made before 1993 use two to three times more energy than new models that are Energy Star certified. So sometimes they need replacing because they are inefficient, energy gobblers.

When looking for a new unit, Amy Clark, who works for Kenmore, says to think about it like shopping for diamonds, with a new approach to the well-known four Cs of shopping for diamonds. The four Cs in refrigeration are capacity, convenience, consumption and color.

Kenmore

Capacity

Check the "cubic-foot capacity" which is the height, length and width of every part of a refrigerator. The higher the capacity, the more space you have. The Kenmore Elite Signature, for example, boasts 31-cubic-foot capacity—that's enough to hold 486 soda cans. However, keep in mind that the bigger the space, the more electricity you will use. Consider balancing your storage needs with your budget needs.

Convenience

What to consider:

- Bottom freezer units typically have more space for fresh foods than other configurations, but the freezer tends to be smaller. Refrigerators with top freezer configuration are typically more affordable and make it easy to find what you're looking for.
- Side-by-side refrigerators have large freezer spaces and make it easier to find frozen items, while the narrower shelves limit the size of items for storing.
- French door refrigerators have two doors for the refrigerator compartment with a freezer below. These can easily store larger items like party trays, and pull-out freezer drawers often feature two levels of storage.

Consumption

As refrigerators always run, they often use more energy than other appliances. Energy Star says top-mounted freezers use 10 to 25 percent less energy than other freezer models. French door refrigerators tend to be more energy efficient because you can open a single door as needed instead of an entire compartment.

Color

Today's appliance colors make it easier to choose one you won't regret in a few years. Amy Clark offers some tips based on Kenmore's available colors:

- White is often the most affordable choice.
- Black is also affordable, but not for every kitchen design.
- Stainless steel is sleek and timeless, but shows fingerprints and does not accept magnets.
- Metallic finishes show fewer fingerprints. They cost less than stainless steel—and you can use all the magnets you want.

—Family Features.com

Tools for consumers

You can find how much money you'll save by replacing your existing refrigerator by using the calculator at www.energystar.gov. Type in "refrigerator" there in the search field, then click on the pink "Energy Star Savings Calculator" link. There's also a comparison tool at Kenmore's website to help you choose the type of refrigerator for your needs, starting with budget. To use it, visit www.kenmore.com and click on the green "Help Me Choose" link at top.

Hear, hear!

Devices help young and old with hearing loss

Hearing loss affects over 30 million Americans—and it's not just a problem for the elderly. The majority (65 percent) of people with hearing loss are actually younger than age 65, according to the Better Hearing Institute. Because hearing has a profound effect on quality of life, it's important to recognize hearing loss at any age, and to know what can be done about it.

Signs of hearing loss

Many people think that their physician will tell them during their physicals if they have a hearing problem. But in reality, only about 14 percent of physicians routinely screen for hearing loss.

Do you:

- *Have trouble hearing over the telephone?*
- *Find it hard to follow conversations when two or more people are talking?*
- *Often ask people to repeat what they are saying?*
- *Need to turn up the TV volume so loud that others complain?*
- *Have a problem hearing because of background noise?*
- *Think others seem to mumble?*
- *Can't understand when women and children speak to you?*

If so, it may be time to see your doctor and ask about referrals to an otolaryngologist (a specialist who can investigate the cause of hearing loss) or an audiologist (a specialist who will measure hearing loss).

Technologies that help

Assistive technologies that can make living with hearing loss easier include: hearing aids, some of which are hardly visible and others that can sync up with other electronic devices; amplified telephones or telephone caption services; personal infrared and FM systems that make it easier to hear the television, movies and religious services; and computerized speech recognition software that lets a computer change a spoken message into a readable text document.

Hearing aid styles

No longer big and clunky, today's hearing aids include:

- Completely-in-the-Canal (CIC) hearing aids that fit into the ear canal and are virtually invisible.
- Behind-the-Ear (BTE) hearing aids, which are much smaller and more discreet than their predecessors.
- Open-Fit BTEs, which are nearly invisible behind the ear and use a thin plastic tube or a thin wire to amplify sound into the ear canal.

Better hearing helps improve the quality of people's lives.

Ask before you buy

Before buying hearing aids, ask:

- What features would be most useful to me?
- Does the audiologist perform real ear measures to verify performance of the hearing aids? Can he or she make adjustments and provide servicing and repairs? Will loaner aids be provided?
- Is there a trial period to test them? (Most manufacturers allow a 30- to 60-day trial period during which aids can be returned for a refund.) What fees are nonrefundable?
- How long is the warranty and does it cover future maintenance and repairs?
- What is the total cost?

Battery know-how

If you've bought hearing aids, figure out a good storage method for their batteries. Don't carry batteries loose in your pockets or purse. Besides the risk of loss, contact with metal items like keys or coins can short-circuit them. Store batteries at room temperature, and open the battery door on your hearing aids when they are not in use to reduce battery drain.

Size up battery packaging for its ease or difficulty. For folks using hearing aids, especially older seniors, getting tiny batteries out of a package can be an exercise in frustration. The EZ Turn & Lock packaging for Energizer hearing aid batteries has a dial that lets you easily pull spare batteries out as you need them. Learn more at www.energizer.com.

—Family Features.com

Savings and resources

Not all insurance covers hearing aids, but AARP members can save 20 percent on hearing aids through the AARP Hearing Care Program. Visit www.aarphealthcare.com for more.

Online hearing information resources include The Better Hearing Institute at www.betterhearing.org and Hearing Loss Association of America at www.hearingloss.org.

Seeding in fall helps heat-damaged yards

Extreme weather over the summer left a lot of North Carolina lawns and landscapes showing signs of damage. But with some time, patience and work, homeowners can get their yards back in order and ready for the winter.

"Signs of typical summer wear and tear on lawns were amplified as they were stressed by the above-normal temperatures experienced across the United States," said Ben Hamza, director of technical operations at TruGreen, a nationwide professional lawn care service. "Fall is the ideal time to nurture lawns and landscapes to help ensure your yard's health for spring."

Assess

Thoroughly walk your property and inspect the lawn, trees and shrubs. Note patchy areas, where grass has thinned out or is in need of valuable nutrients and appears as light green. Look for weed and plant pest infestations and overgrown trees and shrubs, especially those with the potential for interfering with roof and power lines. Also, consider using a qualified expert to gauge your lawn and landscape needs. Many companies, including TruGreen, offer free lawn analyses.

Replace grass

Fall is the right time to seed bare lawn areas and overseed existing grass to improve lawn thickness and density. Here are several reseeding techniques:

- Spot seeding—fills in small areas that are thin or infested with weeds.
- Overseeding—generally used for larger areas where the turf is thin, but not bare.
- Slit seeding—a premium service using a specialized machine to cut slits into the soil and sow turf seeds directly into the slits.

Lightly rake an inch of surface soil to remove dead debris and properly prepare the area for seeding. Choose a grass seed that is the same type as the grass already growing in your lawn. Lightly apply seed to the soil surface and gently pack to firm the seed into the soil. Apply a light layer of straw or seeding mulch to encourage rapid seed germination. Water lightly until the seed has fully emerged. Do not apply crabgrass preventive to newly seeded areas of your lawn.

Feed roots

Fall feeding gives roots of lawns, trees and shrubs the energy needed to prepare for a healthy spring revival. Be sure to keep fertilizer on target to prevent run-off. If you fertilize your own lawn, follow the product directions and sweep all fertilizer granules that may reach pavement back onto your lawn.

Maintain

Throughout the fall, there are things you can do to maintain your yard's appearance and health:

- Rake and clean. Keeping leaves and debris cleared off your lawn will keep your lawn healthier.
- Clean up beds, refresh landscape mulch and make sure that no more than two to three inches of mulch remains in the beds.
- Do not walk on frost-covered lawns. Doing so may cause brown footprints to appear later. These footprints may remain visible until spring green-up begins.

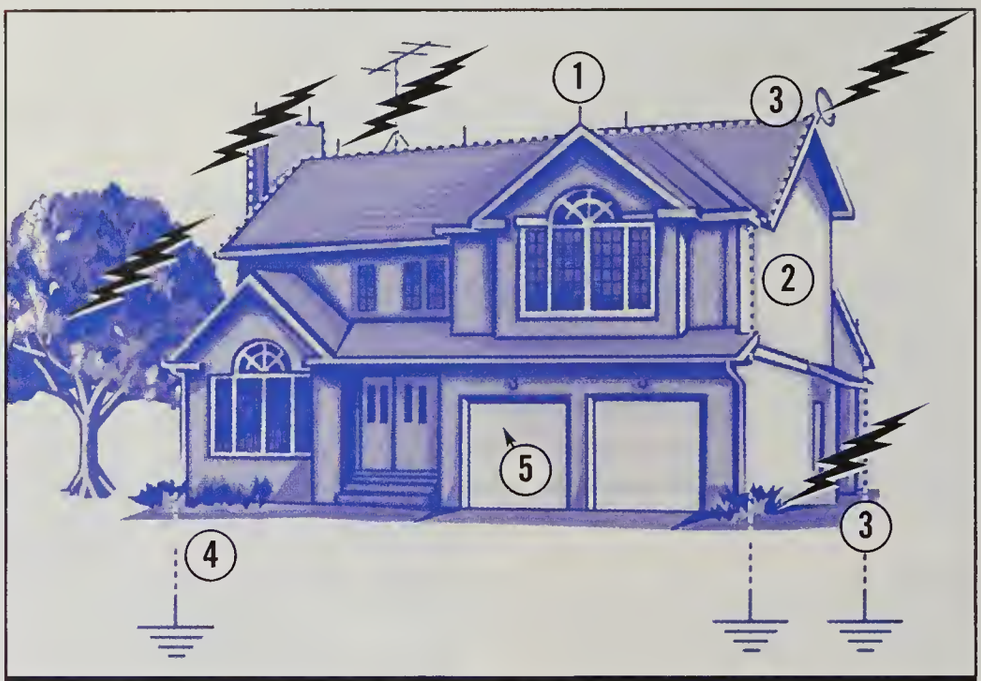
With these tips, your lawn and landscape can recover from the difficult summer and get back in shape by spring. For more advice, visit www.TruGreen.com.

—Family Features.com

A complete system for preventing lightning damage

Snap, crackle, pop! Better take cover—it's another lightning storm in the Tar Heel State. In a typical year there are around 500,000 lightning strikes in North Carolina, according to the National Weather Service. Unfortunately, statistics from the National Oceanic and Atmospheric Administration continually show that North Carolina ranks among the highest states in the nation for the number of lightning strikes and the number of deaths.

In addition to the threat of death or serious injury, a lightning strike to an unprotected home can be disastrous as well. Packing up to 100 million volts of electricity, lightning's destructive electricity can explode brick, ignite roofs, sidewalls, framing and induce harmful electrical surges that can destroy sensitive electronics. To prevent this kind of damage to a structure, a complete lightning protection system is the best way to dissipate the dangerous electrical discharge. This system is different than the surge protectors you plug in for computers and HD TV. Surge protectors will not protect your equipment from a lighting strike, only against electrical line surges.



Key elements of the system
1) Air terminals (lightning rods)—spaced according to safety standards. 2) Down conductors—cables connecting the terminals to grounds. 3) Bonding—joining metallic bodies and roof components to ensure conductivity. 4) Grounds—minimum of two ground rods at least 10 feet deep into the earth. 5) Surge arresters—installed at electrical panels and surge suppressors provided for in-house electronics.

How the system works

The system provides a network of low-resistance paths to safely intercept lightning's dangerous electricity and direct it to ground without impact to structure or occupants. The system neither attracts nor repels a strike, but receives the strike and routes it harmlessly into the earth. Surge protection devices (SPD) must be incorporated to provide a barrier against transient surges.

A complete system includes strike termination devices (lightning rods), down conductors, bonding, grounding and surge protection for an electrical panel or meter, along with surge protection devices for telephone, cable, satellite, electrical lines and communication systems entering the structure. Materials and equipment should be UL-listed and properly labeled.

Who can install

Lightning protection is not a do-it-yourself project. Complete systems must be designed and installed in accordance with accepted industry safety standards of the Lightning Protection Institute (LPI), National Fire Protection Association (NFPA) and Underwriters Laboratory (UL). Only experienced UL-listed/LPI-certified contractors or qualified electricians should install the systems. These qualified specialists use UL-listed materials and ensure that installation complies with the above safety standards. To find certified installers in your area, visit www.lightning.org.

—National Oceanic and Atmospheric Administration and the Lightning Protection Institute, a nationwide not-for-profit organization based in Richmond, Va.

When outdoors, take cover when you hear thunder

Data from the National Weather Service show that lightning strikes are fatal in approximately 10 percent of strike victims. Another 70 percent of survivors suffer serious, long-term effects.

Outdoors is the most dangerous place to be during a lightning storm. The Electrical Safety Foundation International recommends these guidelines to stay safe:

- If possible, go indoors. Once indoors, stay away from windows and doors. Do not use corded telephones except for emergencies.
- Unplug electronic equipment before the storm arrives and avoid contact with electrical equipment or cords during storms.
- Avoid contact with plumbing, including sinks, baths and faucets.
- If outdoors, go to a low point. Lightning hits the tallest object. Stay away from trees.
- Avoid metal. Don't hold metal items or stand near metal sheds, poles and fences.

—National Rural Electric Cooperatives Association

Web resources
www.flash.org | www.floridadisaster.org | www.fema.org | www.ready.gov

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 7 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our November issue, will receive $25.

September winner

The September photo by Peter Hornby showed the Hatteras Island village of Frisco. This scene has changed considerably since Hurricanes Earl and Irene, but many people statewide recognized it. The early e-mail and mailed replies that came in were missing Hatteras Island addresses, because residents there were severely hampered by Hurricane Irene. So it was heartening to see replies from Hatteras come in after Sept. 1. If you'd like this scene of Frisco as it once was, you can buy a print of Peter's photo at Outer Banks retailers. The winning answer, chosen at random from all the correct entries, was from Heidi Blackwood of Buxton, a member of Cape Hatteras Electric Cooperative.

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I Remember...

These are my grandparents, John and Lottie Calloway, and their friend Julie Aldridge. They lived a long time on Old Tweetsie Trail in Foscoe, in Watauga County.

Pappy's molasses boiling

As a child, one of the times I looked most forward to was the time of year the sugar cane got ripe and was ready for stripping on my grandfather's farm. Every year we all helped to pull the fodder and get the cane ready for grinding. Pappy had an old mule that he kept for plowing and pulling the cane mill. The mule was hooked to the mill, and all day long he would walk round and round grinding the cane. Juice poured from the spout into large cans that Pappy placed under it. Then my grandmother strained the juice and it was ready to pour into the big boiler over the red hot fire. Now the long slow process started of boiling the cane syrup into molasses. We dipped and stirred again and again and finally began to skim off the foam.

After the syrup cooked long enough and was thick and black enough to be called molasses, we poured it from the boiler into large tin cans and put the lids on tightly.

The most fun of all was the ending of the molasses boiling. Our grandfather made each one of us a wooden paddle with his knife. We all gathered around the boiler and sopped it dry of the hot, new molasses.

One thing that always disturbed me a little about the "molassy" boiling was the pity I felt for the poor old mule that had to walk round and round all day long.

Marbeth Calloway Church, Boone, Blue Ridge Electric

Bingo!

When I was young, my wife and her sister and husband and our kids were always together. Every weekend we were giving birthday parties and having cookouts. Both of our families use wood to heat our houses in the winter, so we would cut wood together. We would go to the beach and camp out.

One summer my brother-in-law and his wife and kids were going to the beach. My daughter was 16, and she wanted to go. We didn't have the money to go. I thought I would go to Sanford to play bingo. I went and won $25 and two free tickets to play the next night.

I let my daughter go with me the next night to play bingo. I won $500! My daughter was jumping up and down. I don't have to tell you I was pretty happy, too.

My daughter has grown boys now. But she still talks about that trip to the beach and how we got to go.

Robert DeBord, Siler City, Central EMC

The ghost under the hood

"He'll rise up out of the grave and stroll around the cemetery looking for his lost love." Yes, that was the rumor about a certain graveyard in Cabarrus County.

As a teenager in the 1960s, ghost hunting was popular. I remember one moonlit night some friends, my boyfriend and I went on a quest. We met another couple and we parked both vehicles near the church cemetery. The rumor was that at this burial ground on the night of a full moon, a spirit would rise from the grave. Suddenly, I heard a moaning, but it was only a dog howling in the distance. After 30 minutes and no spirits appearing, we went home.

Strangely, when my friend went to leave my house, his car wouldn't start. We woke up my parents, and Daddy looked at the sedan. The automobile would not make a sound when they tried to crank it. My father took my date home.

The next morning, my boyfriend and his father brought over a new car battery. Before installing it, they decided to see if the car would start. The motor purred like a kitten.

My family rolled with laughter and said, "I guess the ghost got under the hood of the car, and you never saw him." That was the last of our phantom searching escapades.

Mary Kay Cox, Four Oaks, South River EMC

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Annie, Annie Over

I went to the Costner School in Gaston County when it had grades 1 through 7 in four rooms, a potbelly stove and an outdoor privy. I learned more in that period than any other. I also had the opportunity to help teach the slow learners while the teacher was with another grade level.

At recess we played the fun games of Annie Over and Jump Board. If it was raining everyone worked together on a puzzle.

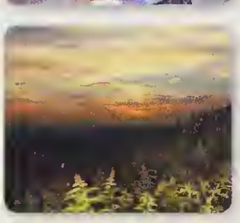
For those not familiar with Annie Over, I will explain. Teachers appointed two students to choose their teams. One team would go to the front of the schoolhouse, the other to the back. The group in front had the ball and would call out "Annie, Annie Over," and throw the ball over the roof of the building to the other side. If someone on the other side caught the ball, that group would run to the left or right around to the front of the building – or even split up with some going right and others going left around. By surprising the other team, they could tag as many as they could before the other team members made it around to the other side of the building. The tagged ones would go to the other team. The team that got all the other team's players would win. If your ball didn't clear the schoolhouse roof, you could yell "Pigtail," and throw it again. If the other team didn't catch the ball coming over before it bounced, they couldn't run around the building and would have to throw it back over the building. But they could wait, if they wanted to fool the others, then throw it "Annie, Annie Over" back to the other team.

Rosita Jones, Dallas, Rutherford EMC

The old Costner School in Dallas had four classrooms at the corners and an auditorium in the middle. Teachers were sisters Mary and Winnie Thornburg.

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the February 2012 magazine.

CAROLINA COUNTRY SCENES photo contest



RULES:

Deadline: November 15, 2011.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We pay $50 for each submission published. We retain reprint rights.

We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

E-mail: editor@carolinacountry.com
Mention "Photo Contest" in subject line.

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Nature photography

Fiddlin' Nita's Fotos features original photography from Ashe County, N.C., and Grayson County, Va. Owner Anita Poplin, who lives in the Blue Ridge Mountains nestled between Mount Rogers and Whitetop Mountains, showcases the beautiful, majestic scenery around her through her photographs of birds, wildflowers and mountain life. All prints are 8-by-10 inches, mounted on 11-by-14-inch mats with backs and protective bags. Prints are $30 each or 2/$50. Please allow 2 to 3 weeks for delivery.

(336) 977-0286
www.fiddlin-nitas-fotos.com

Señora Dixie Salsa

Owner Dixie Wilson of Wake Forest writes that she makes her salsa the way her mother used to—with all natural ingredients, love, dedication and absolutely no preservatives. This fresh-tasting salsa is locally made and comes in hot, medium and mild versions. All are low-calorie, low sodium and gluten-free. Señora Dixie Salsa goes great with chips, or ladled over scrambled eggs or rice. It also serves as a marinade for various meats. Price per jar, including tax, is $5.99 at the North Hills Farmers market in Raleigh and other events and $6.50 online. Retail price is between $5.95 to $6.95 per jar at select stores.

(888) 807-5238
www.dixiesalsa.com

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

on the bookshelf

Myths and Mysteries of North Carolina

This book explores unusual phenomena, strange events and mysteries in North Carolina's history, with travel writer and North Carolinian Sara Pitzer pulling back the curtain on some of the state's most compelling stories. Sometimes a story has the facts wrong, but the legend grows. Take ol' Tom Dula (pronounced Dooley), hanged in Iredell County for the murder of his fiancee in Wilkes County. Was Tom really guilty? And who really made those etchings on the Jadaculla rock that Cherokee lore attributes to devil Tsul 'Kalu? "Myths and Mysteries of North Carolina" looks at 14 Tar Heel tales, ranging from the Lost Colony to ghosts in Gold Hill and strange occurrences in Old Salem. Chapter titles include "Pee Dee A.D.," "The Devils Tramping Ground," "The Ballad of Frankie Silver" and "Apparition at Maco Station." Published by Globe Pequot in Guildford, Conn. Softcover, 176 pages, $14.95.

(888) 249-7586
www.globepequot.com

Ghost Cats of the South

Some cats give you whisker kisses, while others will invite you to rub them, then swipe you, claws out. And apparently, departed pets are one of the more common ghost experiences. Good ghost kitties, bad ghost kitties, ghost kitties in their many manifestations—you'll meet them all in these 22 stories. Readers can savor stories about a cat smelling of chicken soup who saves a pair of street musicians in Kentucky, a face-hungry Mississippi cat who inhabits the seats of a 1956 Chevy Bel Air, a porcelain cat who inspires girls at a North Carolina summer camp to reveal cherished secrets, and a Virginia cat who must get its owner his glasses before his coffin is sealed. The author, "ghostlorist" Randy Russell, lives outside Asheville. Softcover, 266 pages, 20 b&w photographs, $14.95. Published by John F. Blair in Winston-Salem.

(800) 222-9796
www.blairpub.com

Voice of Blue Devils

A new autobiography by award-winning sports announcer Bob Harris reveals an interesting history of Duke athletics, high jinks and celebrity appearances. Harris, the Voice of the Duke Blue Devils for football and men's basketball for 36 years, began behind the mic in his hometown of Albemarle and became the official sportscaster for Duke in 1976. He has broadcast 383 consecutive football games and 1,147 basketball games, including 12 Final Four games and 4 NCAA titles (entering the 2010–2011 season). His stories are told with home-spun enthusiasm and recount his school years, career choices and what it has been like to work with talented athletes. More than 100 photographs show Harris at various stages along the way. "How Sweet It Is, From the Cotton Mill to the Crow's Nest" includes an 80-minute CD with play-by-play calls Harris made, as well as interviews with the likes of Red Skelton and Muhammad Ali. Hardcover, 381 pages, $39.95. Self-published, and available at select N.C. bookstores and the website below.

www.voiceofthebluedevils.com

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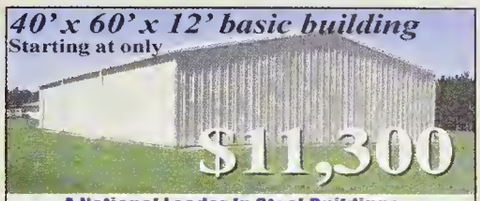

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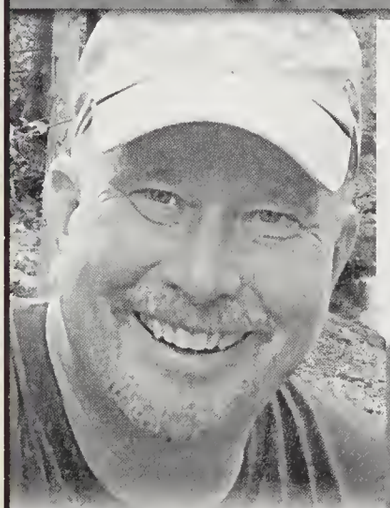

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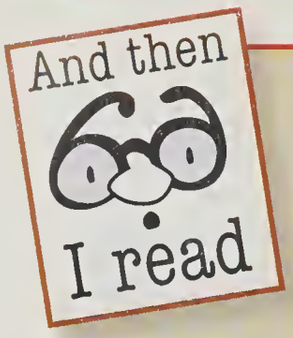

Flight 93 victims will be honored by a huge bolder

Greensboro News & Record

-O-

This headline writer must have rocks in his or her head.

Domi-No.s

L	E	F	T
X			3 / I
R	3 / I	G	H	T

Two WRONGS don't make a RIGHT, but three LEFT turns do! Letters have been substituted for digits in this multiplication problem. Given I=3, can you replace the missing digits 1 through 8 to find values for LEFT and RIGHT?

MATCH BOXES

1 7 2 9 3

x 2

Each digit in this code key stands for the letter below it.

1 2 3 4 5 6 7 8 9
W T H A Z L I E C

Solve the problem below and write your answer in the box tops (one digit to each box). Then use the key to find hidden words in the problem and its answer. **What else could you name her!**

On the Subject of Footnotes

It goes without saying that too many[1] footnotes[2] in any article on any subject distract[3] attention from the body of the article and detract[4] from the effect[5] of the article itself. Having said that, I have little or nothing to add that will affect[7] the body of this article.

[1] "too many" to some may not be "too many" to many
[2] notes at the foot of an article, as this one
[3] "divert attention," as opposed to footnote 4
[4] "take away,"[6] as opposed to footnote 3
[5] "to bring about,"[6] as opposed to footnote 7
[6] Official Scrabble Players Dictionary
[7] "give a false appearance of[8]," as opposed to footnote 5
[8] ibid[9 11]
[9] abbreviation of ibidem[10]
[10] Latin, meaning "in the same place"
[11] not to be confused with ibis[12]
[12] a wading bird

Answers are on page 33

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Answering machine message

You've reached the residence of Paul Neuman. Not the Paul Newman–a Paul Neuman. That is *N* as in pneumonia, *E* as in pneumonia, *U* as in pneumonia, *M* as in pneumonia, *A* as in pneumonia, *N* as in pneumonia. If you would like to leave a message...

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...you know the difference between a whippin' and a whoppin'.
Kim Lynch Roxboro

Priming was your first job...and you know what it mea
-Anonymous

You've put peanuts in a "little cocola."
Miriam and Suzanne Mitchell

You think an old coon hound is worth more than a registered fluffy lap dog.
Warren Beach Morganton

You have picked your own switch and then got a switchin' with it
Tammy Joseph Fayetteville

Your mama yanked a knot in your behind for sassin' her
Jackie James Rutherfordton

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Getting To Know...

Ronnie Milsap

Born: January 16, 1943, in Robbinsville

Known For: Country "crossover" singer and pianist

Accomplishments: Ronnie Milsap was born almost blind and lost his remaining vision in childhood. Abandoned early on by his mother, he was raised by his grandparents until around age 5, when he went to the Governor Morehead School for the Blind in Raleigh. Instructors noticed his ear for music, and Milsap eventually studied classical music and learned several instruments. In high school, he formed a rock band then switched to R&B, where he met with mixed success. He then met country music legend Charley Pride, who encouraged him to move to Nashville and try country music. Milsap relocated there and in 1974 enjoyed two No. 1 singles, one of which won him his first Grammy. By the late '70s, he was one of country music's most popular performers, and in the '80s he successfully crossed to a pop market. Milsap has won six Grammies, had 40 No. 1 hits, and was named to the North Carolina Music Hall of Fame in 2002. This year, he released a new CD called "Country Again."

Quote: "This business is always changing. If you're going to be a leader, you've got to take chances."

Ghost tours

Judging from the calendar, the Tar Heel State has plenty of ghosts! Tours this month include:

- Ghost Walk in Beaufort: Led by guides in pirate dress who entertain with haunted tales, it covers about 10 blocks in the town's historic district and passes Blackbeard's house and a 300-year-old cemetery. (252) 772-9925 or www.tourbeaufort.com.
- Ghost Walks of Ocracoke Island: Operated by the Village Craftsmen, several tours are available that present creepy local legends and lore. (252) 928-5541 or www.villagecraftsmen.com.
- Candlelight Ghost Tour in Wilkesboro: Participants learn about a ghost who haunts old buildings downtown, visit a cemetery where Civil War soldiers are buried, and stand in the jail cell where Tom Dooley spent his last days. (336) 667-3171 or www.wilkesheritagemuseum.com.

tar heel lessons

a guide to NC for teachers and students

"Annie the Mule goes to the State Fair"

Annie undertakes another comical adventure, this time at the North Carolina State Fair, in book four of a 10-part series. Young Denise and her farm family are celebrating their harvest success by visiting the fair. Denise, who is afraid of the farm's mule named Annie, hopes that Annie doesn't follow her. But stubborn Annie hijacks a Raleigh Transit Bus in route to the Capital City and pops wheelies in the parking lot before finding Denise. The series is written by Cheryl Brown-Avery, a motivational speaker based in Kittrell, Vance County. Brown-Avery, a former teacher, travels to schools across the state and U.S. to speak to youth about gangs and drugs. Published by Lulu.com in Morrisville, the book is softcover, 42 pages and sells for $16.30. www.lulu.com and www.cherylbrownavery.com.

Did you know... That a pumpkin is a fruit, not a vegetable? Pumpkins belong to the family Cucurbitacae, which includes cucumbers, melons, squash, and gourds. Pumpkins are high in fiber and Vitamin A, and also contain generous amounts of Vitamins B and C and beta-carotene. Varieties grown in North Carolina include Mammoth Gold, Autumn Gold, Happy Jack, Big Max, and Sugar Pie. To find a pumpkin patch in your area, visit www.ncfarmfresh.com/farms.asp.

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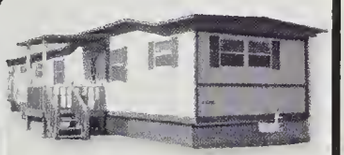

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October Events

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First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art After Hours
Second Friday
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Friday monthly
Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
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(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Ghost Tours
Through October 22, Mount Airy
(336) 786-4478
www.northcarolinamuseum.org

Farmers Market
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Through October
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www.thefayettevillefarmersmarket.com

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Statewide Civil War photo exhibit
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www.nccivilwar150.com

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Through Oct. 29, High Point
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www.ruralhill.net

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Star Farmers Market
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Farmers Market
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Country Tonight Music show
Through Dec. 1, Selma
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Haywood's Historic Farmers Market
Through Dec. 3, Waynesville
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www.waynesvillefarmersmarket.com

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Tour De Pumpkin
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ArtFest of Matthews
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LGAHA Harvest Show
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www.lgaha.com

Folk School Fall Festival
Oct. 1–2, Murphy
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Artists Studio Tour
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2 | SUN.

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3 | MON.

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4 | TUES.

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7 | FRI.

Uptown First Friday Artwalk
Greenville
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Hickory Oktoberfest
Oct. 7–9, Taylorsville
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www.hickoryoktoberfest.com

Ava Gardner Festival
Oct. 7–9, Smithfield
(919) 989-8687
www.avagardner.org

"The Woman in Black"
Spine-chilling play
Oct. 7–23, Raleigh
(919) 821-3111
www.raleighlittletheatre.org

8 | SAT.

Scuppernong River Festival
Columbia
(252) 796-2781
www.visittyrellcounty.com

Festival of the Frescoes
Glendale Springs
(336) 877-8090

Mountain Glory Festival
Marion
(828) 652-2215
www.mtngloryfestival.com

Piano Man of the Blue Ridge
Mountain Home Music Series
Blowing Rock
(828) 964-3392
www.blowingrock.com

Peddlers Flea Market
Carthage
(910) 947-2905
www.thepeddlersfleamarket.com

Jay & The Americans
Pop music group
Morganton
(828) 433-7469
www.commaonline.org

Heritage Festival
Boone
(828) 266-1345

Annual Chili Cook off
Murphy
(828) 837-2242

The Grascals
Andy Giffith Show musical tribute
Spindale
(828) 286-9990
www.foundationshows.org

Sailboard Racing
Edenton
(800) 783-8289

MUMfest
Oct. 8–9, New Bern
(252) 349-4741
www.mumfest.com

S&D Gun & Knife Show
Oct. 8–9, Greenville
(252) 329-4200

Mullet Festival
Oct. 8–9, Swansboro
(252) 354-9500
www.swansborofestivals.com

Civil War Reenactment
Oct. 8–9, Murfreesboro
(252) 287-8542
www.murfreesboronc.org/civilwar.htm

9 | SUN.

Blessing of the Animals
Inter-congregational event
Lake Lure
(828) 287-6113

Jazz Society Concert
Blowing Rock
(828) 295-4300
www.blowingrock.com

10 | MON.

Colonial Living Week
Oct. 10–14, Burlington
(336) 227-4785
www.alamancebattleground.nchistoricsites.org

13 | THURS.

Dark in the Park
Family-friendly pre-Halloween Concert
Winston Salem
(336) 924-8191
www.bethabarapark.org

14 | FRI.

Dream Home Tour
Oct. 14–15, Yancey County
(828) 765-7351
www.mayland.edu/foundation

"Validate" — Ghost Ship Frightful festivities
Oct. 14–15 & 21–22, Wilmington
(910) 251-5797
www.battleshipnc.com

East Coast Drag Times Weekend
Shows, races, shagging
Oct. 14–16, Henderson
(252) 438-2222
www.kerrlake-nc.com

Celebration of Creativity
Gallery and studio tours
Oct. 14–16, Sparta
(336) 372-5473
www.ncmountainartsadventure.com

"The Jungle Book"
Musical comedy
Oct. 14–30, Hickory
(828) 327-3855
www.hct.org

15 | SAT.

Unaka Heritage Day
Native American artists, storytellers
Murphy
(828) 835-8628

All Hallow's Eve
Huntersville
(704) 264-9346
www.lattaplantation.org

Banjo Jubilee
Mountain Home Music Series
(828) 964-3392
www.blowingrock.com

Fall Color Ridge Hike
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Valle Country Fair
Valle Crucis
(828) 963-4609

Scrapbook 101 Workshop
Tarboro
(252) 641-0857
www.cardscraps.com

Hillbilly Comedy & Variety Show
Fundraiser for B.R.O.C.
Sparta
(336) 372-7284

Old School Sorghum Festival
Roseboro
(910) 564-5069

Alzheimer's Walk & Education Fair
Washington
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www.alznc.org

Lobster Fair
Greenville
(252) 329-4200
www.st.tim.org

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Harvest Day
Winston-Salem
(336) 721-7317
www.oldsalem.org/harvet-day.html

Cornshucking Frolic
Pinnacle
(336) 325-2298
www.nchistoricsites.org

Arts & Crafts Festival
Oct. 15–16, Lake Lure
(828) 287-6113
www.lakelureartsandcraftsfestivals.com

Corn Husk Doll & Papermaking Demos
Oct. 15–16, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Ghost Tales in the Dark
Oct. 15-22, Huntersville
(704) 875-2312
www.lattaplantation.org

Pumpkin Patch Train Rides
Oct. 15–16 & 23–24, Durham
(919) 220-5429
www.lifeandscience.org

16 | SUN.

Hillbilly Hotrodders Car & Truck Show
Denver
(828) 428-0915
www.hillbillyhotrodders.com

Wolf Awareness Week
Oct. 16–22, Durham
(910) 220-5429
www.lifeandscience.org

18 | TUES.

Lake Eden Arts Festival
Oct. 18–21, Black Mountain
(828) 686-8742
www.theleaf.org

20 | THURS.

Country Buffet & Bazaar
Gray's Creek Woman's Club event
Fayetteville
(910) 286-3435

CAROLINA COUNTRY adventures

Day Trip

Edenton & Hertford

Strategically located at the head of Albemarle Sound in Edenton Bay, the charming village of Edenton beckons prettily to strangers. It's not long before they turn into friends here. Established in 1712, **Edenton** was North Carolina's first colonial capital and it has retained the gracious manners of that period. The friends who return enthuse about Edenton's water views as well as its guided walking tours, which include interiors of St. Paul's Episcopal Church, the Cupola House (a National Historic Landmark), Chowan County Courthouse, Iredell House and the Barker House (the former home of the organizer of the 1774 Edenton Tea party). Trolley tours are also available that cover a larger area of Edenton's Historic District. The visitor's center has an interesting exhibit and walking tour about Harriet Ann Jacobs, a fugitive slave, activist and author. The self-guided tour's highlights include the former site of a home where Jacobs stayed in hiding for nearly seven years and the Chowan County Jail, where her children and family members were imprisoned. While in Edenton, inquire about the 1886 Roanoke River lighthouse under restoration there. At press time, officials were planning to move it this fall. Once it's stable, visitors will be able to tour it.

John Matthews

Houses in historic Hertford, seen from US Route 17.

Not to be outdone, the historic, well-preserved town of **Hertford**, also on Albemarle Sound, offers equal treasures. It hosts beautiful Victorian and Georgian homes along a winding river road, and boasts the only "S" shaped bridge in the country. The Perquimans Arts League Gallery there offers changing exhibits and original paintings, pottery, baskets, fiber art, note cards and more for purchase. Sports fans will enjoy the museum devoted to Hertford native and baseball Hall of Famer "Catfish" Hunter. Housed within the Perquimans County Chamber of Commerce in Hertford, the museum's gems include one of Catfish's New York Yankees paychecks, blowups of Sports illustrated covers, numerous photos—including one of Catfish signing his first contract, newspaper articles, several books and a short video.

—Karen Olson House

Learn of other nearby adventures and events:

Edenton, (252) 482-2637, www.visitedenton.com

Hertford, (252) 426-5657, www.visitperquimans.com

21 | FRI.

Lonesome River Band
Blowing Rock
(828) 295-9627
www.blowingrock.com

Piephoff & Sawyer Concert
Jazz, blues, rock
New Bern
(252) 354-2444
www.downeastfolkarts.org

"Pieceful Gardens" Quilt Show
Oct. 21–22, Sanford
(919) 498-2397
http://heartsandhandsnc.org

Meherrin River Trail Horse Ride
Oct. 21–23, Severn
(252) 398-7407
www.meherrinrivertrails.com

State Senior Games
Oct. 21–23, Greenville
(252) 329-4200
www.ncseniorgames.org

22 | SAT.

The Really Chili Challenge
Goldsboro
(919) 731-3939
www.communitysoupkitchen.org

Celtic & Classical Music
Mountain Home Music Series
Blowing Rock
(828) 964-3392
www.blowingrock.com

Barbecue Festival
Lexington
(336) 956-1880
www.barbecuefestival.com

Healthy Living Expo
Greenville
(252) 413-0418
www.pcwomensjournal.com

Minority Expo
Winterville
(252) 329-4200
www.theminorityexpo.com

Randolph Treasures
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Asheboro
(336) 857-1151

Farm Days: The Great Pumpkin
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Rutherfordton
(828) 287-6113
www.lovestoryfarm.webs.com

23 | SUN.

Southbound Migration
Guided bird walk
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

25 | TUES.

Batty Battleship's Halloween Bash
Wilmington
(910) 251-5797
www.battleshipnc.com

Prophets of Funk Dance
Greenville
(252) 329-4200
www.ecu.edu/srapas

28 | FRI.

Literacy Spelling Bee
Morehead City
(252) 447-4061
www.carteretliteracy.org

Civil War Ghost Walk
Oct. 28–29, Huntersville
(704) 264-9346
www.lattaplantation.org

All You Need is Love
Beatles music
Oct. 28 & 30, Wilmington
(910) 686-4148
www.wilmingtonchoralsociety.com

Legends & Lanterns Tours
Oct. 28–29, Winston-Salem
(336) 721-7317
www.oldsalem.org/halloweeen-tours

29 | SAT.

Halloween Festival
Blowing Rock
(828) 295-5222
www.blowingrock.com

Bertie Spooktacular 5K
Windsor
(252) 356-2394
http://site.spooktacular5k.com

Nature Photography Workshop
Oct. 29–30, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

30 | SUN.

Community Band Concert
Asheville
(828) 926-8478
www.ashevillecommunityband.org

31 | MON.

Koinonia Harvest Festival
Greenville
(252) 329-4200
www.kccfamily.com

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For January: November 25

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AN ALTERNATIVE FORM OF WIND ENERGY

The Asheville Community Band opens its season this month

By Stephanie Lyon

For more than 30 years, the Asheville Community Band has delighted audiences with its alternative form of wind energy. Sponsored by UNC-Asheville, the band formed in 1979 under director Patricia Garren. Today, the band is an independent nonprofit organization led by Michael Robinson, an award-winning career high school band director and the current director of bands at Mars Hill College. The ensemble plays three ticketed concerts each season at Asheville High School auditorium, plus a fourth free concert at the Folk Art Center on the Blue Ridge Parkway each Memorial Day weekend. Concerts feature a variety of wind band music chosen to maintain community appreciation for the style and sound of the concert band. The Memorial Day weekend concert honors the men and women of the U.S. armed forces.

The band's nearly 100 members represent six western North Carolina counties. They range in age from talented teens to active octogenarians. Six are charter members. Many also are members of an electric cooperative, including Haywood EMC and French Broad EMC. They will donate over 5,500 hours in rehearsal and performance time to the Asheville Community Band this season, not counting home practice and travel time. Most also participate in other community musical organizations.

The Asheville Community Band has performed concert tours in Europe and has played many times for national band director conferences. They are slated to perform again for the American School Band Directors Association national conference this coming June.

Who: Asheville Community Band
What: Fall Concert
When: Sunday, Oct. 30, 3 p.m.
Where: Asheville High School Auditorium
419 McDowell St., Asheville, NC 28803

Tickets are $8 and sold at the door. Students and children accompanied by an adult are admitted free.

Website: www.ashevillecommunityband.org
E-mail: Ashevillecommunityband@gmail.com
Mail: PO Box 17782
Asheville, NC 28816

Community power source

When it comes to identifying our natural, renewable energy resources, you won't necessarily see musicians on the the list, yet they are a major power source within their communities. A recent survey of the band members revealed more than 40 arenas of community volunteerism in addition to their music. They work for the Asheville Visitor's Center, the Manna Food Bank, protective shelters, foster parenting, Habitat for Humanity, Civil Air Patrol and the Special Olympics, to name a few. Churches, civic associations, medical facilities, nursing homes, shelters, schools and rescue squads all benefit from their community service contributions. You might say they are the lifeblood of their communities, and judging from the number of them who donate regularly to the region's blood and platelet banks, you would be correct.

The Asheville Community Band also believes in sustaining renewable resources. Solely supported by ticket sales and donations, the band has given over $30,000 in scholarships to students from western North Carolina to pursue advanced music education. In 2011, the band added summer music camp scholarships for middle and high school students, helping to ensure that music-making and music education continue and that there will be future generations of community-minded musician-volunteers.

Stephanie Lyon has played French horn for the Asheville Community Band since 2003. She is a homemaker, administrative assistant and Habitat for Humanity volunteer. She and her husband, Ray, live in the Jonathan's Creek area of Waynesville and are members of Haywood EMC.

By Jim Dulley

How low can your thermostat go?

Selecting the proper temperatures throughout the day and night can be a bit confusing. You want to balance comfort with energy—and dollar—savings.

It actually does save energy overall if you lower the temperature setting on your central furnace or heat pump thermostat. It is surprising how comfortable you can be at a lower indoor temperature once you become accustomed to it. The actual amount of dollar savings depend primarily upon how low you set the thermostat, how long you have it set back, and, to a lesser degree, your climate.

There are also other advantages to lowering the thermostat setting during winter. If your house temperature is lower, it requires less moisture indoors to keep the indoor air at a given relative humidity level. The fact that your furnace or heat pump runs less at a lower indoor temperature means the equipment is likely to last longer and need fewer repairs.

Setting your thermostat back in the winter can cut your power bill. The key is finding the temperature at which you and your family are comfortable.

If you look at setback savings charts, don't be confused by the fact that the percentage savings are actually higher in milder climates than in colder climates. This is because the total amount of energy used to keep a house comfortably warm in a cold climate is much greater than in a warm climate. This makes the base number larger in cold climates so the percentage savings are less even though the dollar savings are greater.

It is a common myth that it takes as much energy to reheat a house, in the morning for example, as was saved during the temperature setback period overnight.

It is a common myth that it takes as much energy to reheat a house, in the morning for example, as was saved during the temperature setback period overnight. The amount of heat a house loses through its walls, ceilings, and floors is directly proportional to the difference between the indoor and the outdoor temperatures. Air leakage into and out of your house also increases with larger temperature differences.

When the indoor temperature is set lower, the indoor-to-outdoor temperature difference is smaller, so less heat is lost from your house. If less heat is lost from your house, your furnace has to use less gas, oil, or electricity to create the heat to replace it. The amount of heat used to reheat the house, therefore, is less than the amount saved over the temperature setback period.

The only time a temperature setback may not be wise is if you have a heat pump with backup electric resistance heat and an old thermostat. When it is time to reheat the house and you set the thermostat higher again, the expensive backup electric resistance heater may come on. For a long eight-hour setback, you will likely still save overall, but not for just a short couple-hour setback.

If you have a heat pump, install a special setback thermostat, designed for heat pumps. These heat pump thermostats have electronic circuitry to keep the backup resistance heating elements off after the setback period.

There is not a "best" thermostat setting for all homes and climates. The lower you set it, the greater the overall savings will be. The amount of savings per degree for each nighttime eight-hour setback period ranges from 1 percent to 3 percent.

In moderate climates, let your comfort dictate how low you initially set the furnace or heat pump thermostat. As you get used to the lower temperatures and wear sweaters and thicker shirts, you will be able to gradually lower it more.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?
Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

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Chicken Parmesan Bundles

- 4 ounces Philadelphia cream cheese, softened
- 1 package (10 ounces) frozen chopped spinach, thawed, well drained
- 1¼ cups Kraft shredded low-moisture part-skim mozzarella cheese, divided
- 6 tablespoons Kraft grated Parmesan cheese, divided
- 6 small boneless skinless chicken breast halves (1½ pounds), pounded to ¼-inch thickness
- 1 egg
- 10 Ritz crackers, crushed (about ½ cup)
- 1½ cups spaghetti sauce, heated

Heat oven to 375 degrees.

Mix cream cheese, spinach, 1 cup mozzarella and 3 tablespoons Parmesan until well blended; spread onto chicken breasts. Starting at one short end of each breast, roll up chicken tightly. Secure with wooden toothpicks, if desired.

Beat egg in shallow dish. Mix remaining Parmesan and cracker crumbs in separate shallow dish. Dip chicken in egg, then roll in crumb mixture to evenly coat. Place, seam-sides down, in 13-by-9-inch baking dish sprayed with cooking spray.

Bake 30 minutes or until chicken is done (165 degrees). Remove and discard toothpicks, if using. Serve chicken topped with spaghetti sauce and remaining mozzarella.

Makes 6 servings.

Hot Apple Pie Dip

- 1 tub (8 ounces) Philadelphia light cream cheese spread
- 2 tablespoons brown sugar
- ½ teaspoon pumpkin pie spice (or ground cinnamon)
- 1 apple, chopped, divided
- ¼ cup Kraft 2% milk shredded reduced-fat cheddar cheese
- 1 tablespoon finely chopped Planters pecan pieces
- Wheat thins lightly cinnamon snack crackers

Preheat oven to 375 degrees. Mix cream cheese spread, sugar and spice in medium bowl until well blended. Stir in half the chopped apple.

Spread into an 8-inch pie plate or small casserole dish. Top with remaining apples, cheddar cheese and pecans. Bake 10 to 12 minutes or until heated through. Serve with crackers.

Makes 2 cups or 16 servings.

Turtle S'more Cheesecake Minis

- ¾ cup Honey Maid graham cracker crumbs
- ¼ cup butter, melted
- 1 tablespoon sugar
- ¾ cup Mexican caramel spread (dulce de leche), warmed slightly, divided
- ½ cup coarsely chopped Planters pecans, divided
- 1 package (8 ounce) Philadelphia cream cheese, softened
- 1 jar (14 ounce) Jet-Puffed marshmallow creme
- ½ cup Jet-Puffed miniature marshmallows
- 2 tablespoons Hershey's chocolate syrup

Mix graham cracker crumbs, butter and sugar until well blended; press onto bottoms of 10 paper-lined muffin cups. Spoon ½ cup caramel spread evenly over crusts; sprinkle with ⅓ cup nuts.

Beat cream cheese and marshmallow creme in small bowl with mixer until well blended. Add 2 tablespoons of the remaining caramel spread; mix well. Spoon into muffin cups; top with marshmallows.

Drizzle with chocolate syrup and remaining caramel spread; sprinkle with remaining nuts. Refrigerate 3 hours.

Makes 10 servings.

Unless otherwise noted, recipes courtesy of Kraft Foods. For more recipes, visit www.kraftfoods.com

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From Your Kitchen

Molten Lava Cakes

- 1 box milk chocolate cake mix
- 1 package (3.9-ounce) chocolate pudding
- ½ cup granulated sugar
- ¼ cup vegetable oil
- ¾ cup of water
- 4 large eggs at room temperature
- 1 package (8-ounce) of sour cream
- Chocolate Sauce
- 2 cups sugar
- ½ cup cocoa
- 1 stick margarine, melted
- 1 can evaporated milk
- Vanilla ice cream

Preheat oven to 350 degrees.

Combine cake mix, instant pudding and sugar in large bowl. Blend with a whisk to break up lumps. Add next four ingredients and mix with mixer on low speed to combine ingredients. Scrape down sides of bowl and continue to mix on high for about 2 minutes.

Spray jumbo muffin pan with cooking spray and fill each muffin well about half full of mixture. Bake until toothpick inserted comes out clean. This will make about 12 to 14 individual jumbo cup cakes. Let cakes cool.

While cakes are baking, combine the chocolate sauce ingredients: mix the cocoa with sugar, add melted margarine and evaporated milk. Stir to mix and cook until mixture begins to boil. Lower temperature and cook for 5 minutes. Let cool.

When cakes have cooled, hollow out center of each cake and fill with chocolate sauce. (Use hollowed out portion as snacks if desired.) Put cakes in a covered container and place in the freezer. When ready to eat, take cakes out of the freezer and microwave each one individually for 45 seconds. Place a scoop of vanilla ice cream on top and drizzle with the remaining chocolate sauce, or you may use chocolate Magic Shell ice cream topping for a crunchy coating.

This recipe comes from Jenny Lloyd of the Carolina Country staff.

Send Us Your Recipes

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